

Prescription drug abuse is a growing problem.



You Lock these...



Why not these?

N O R T H D A K O T A

PRESCRIPTION DRUG ABUSE Prevention Toolkit



Scan this tag with your smartphone to view our website for additional resources, campaign materials, and an online copy of this toolkit.



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www.nd.gov/dhs/prevention

PRESCRIPTION DRUG ABUSE

PRESCRIPTION DRUG ABUSE WHAT IS THE PROBLEM?

Prescription drug abuse is a growing problem.

North Dakota...

11% of all substance abuse evaluations referred to treatment in N.D. involved prescription drug abuse.

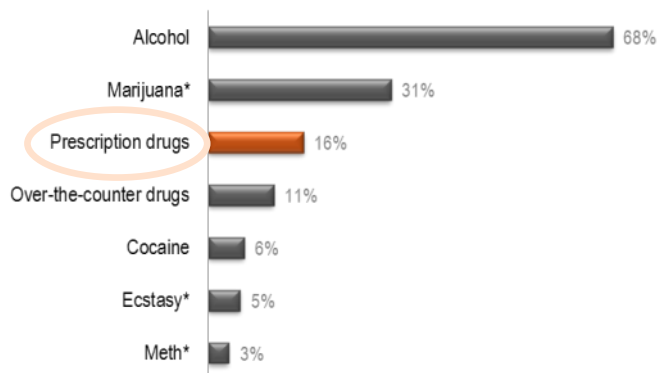
Treatment Episode Data Set (TEDS), 2009-2011

1 in 6 N.D. High School Students (16.2%) reported taking prescription drugs without a doctor's prescription in 2011.

N.D. Youth Risk Behavior Survey (YRBS), 2011



HIGH SCHOOL STUDENT LIFETIME DRUG USE (YRBS, 2009 & 2011)



*YRBS, 2009; Most recent data available

44% of N.D. community members **don't know** if youth prescription drug abuse is a problem in their community. 40% don't know if adult abuse is a problem.



N.D. Community Readiness Survey (CRS), 2008

Nationally...

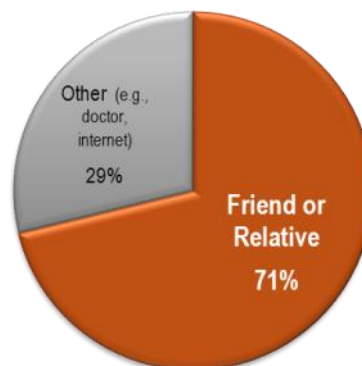
Nonmedical use of prescription painkillers costs health insurers up to **\$75.2 billion annually** in direct health care costs.

CDC Vital Signs, November 2011



SOURCE OF PRESCRIPTION PAIN RELIEVERS ABUSED AMONG THOSE AGE 12 OR OLDER

NSDUH National Findings, 2010



north dakota
department of
human services

NORTH DAKOTA
PREVENTION
RESOURCE AND MEDIA CENTER

PRESCRIPTION DRUG ABUSE MYTH vs. FACT

What is prescription drug abuse?

Taking a prescription medication that is not prescribed to you,
or taking a prescription in a manner other than prescribed.

MYTH: Taking an extra pill from my prescription, or giving one to my friend, is not harmful because a doctor prescribed it.

FACT: Taking prescription drugs that are not prescribed—or taking them in any way other than directed by a doctor—can be dangerous. Using another person's medication and sharing your medication is **against the law**.

It is illegal for any person to deliver or possess (with intent to deliver) a controlled substance, and can be charged with a felony (level of felony depends on the controlled substance).

N.D. CENTURY CODE 19-03.1-23

MYTH: If this prescription is dangerous, the doctor wouldn't prescribe it. And, they are safer than illegal drugs.

FACT: Prescription drugs provide many benefits when used correctly under a prescriber's care. However, if they are misused or abused, they can be just as **dangerous** as illicit drugs, especially when taken with alcohol or other drugs.

PRESCRIPTION DRUG ABUSE SIGNS AND SYMPTOMS

	PHYSIOLOGICAL/PSYCHOLOGICAL EFFECTS OF ABUSE	POTENTIAL HEALTH CONSEQUENCES
PAINKILLERS <i>(usually prescribed to treat pain)</i> Vicodin, Oxycodone (Oxycontin), Darvon, Dilaudid, Tramadol, Demerol, Morphine, Fentanyl, Codeine, etc.	<ul style="list-style-type: none"> • Smaller (constricted) pupils • Drowsiness • Weakness/dizziness • Impaired coordination • Nausea • Confusion • Dry mouth • Itching • Sweating • Flushed, clammy skin 	<ul style="list-style-type: none"> • Slowed or arrested breathing • Lowered pulse and blood pressure • Tolerance • Addiction • Unconsciousness • Coma • Death (Risk of death increases when combined with alcohol or other depressants)
DEPRESSANTS <i>(usually prescribed to treat anxiety and sleep disorders)</i> Ativan, Librium, Valium, Xanax, etc.	<ul style="list-style-type: none"> • Enlarged (dilated) pupils • Drowsiness/fatigue • Lowered inhibitions • Slurred speech • Poor concentration • Confusion • Irritability • Dizziness • Impaired coordination and memory 	<ul style="list-style-type: none"> • Lowered blood pressure • Slowed breathing • Tolerance • Withdrawal • Addiction • Increased risk of respiratory distress and death when combined with alcohol
STIMULANTS <i>(usually prescribed to treat ADHD, narcolepsy, and obesity)</i> Adderall, Concerta, Ritalin, etc.	<ul style="list-style-type: none"> • Enlarged (dilated) pupils • Decreased appetite • Feelings of exhilaration • Increased energy/restlessness • Mental alertness • Excessive sweating/flushed skin • Nervousness • Insomnia • Hostility/aggression • Panic/paranoia 	<ul style="list-style-type: none"> • Increased heart rate, blood pressure, and metabolism • Weight loss • Seizures • Heart attack • Stroke

COMMON BEHAVIORAL SIGNS OF ABUSE

Taking higher doses than prescribed
 Seeking prescriptions from more than one doctor
 Excessive mood swings
 Increase or decrease in sleep
 Stealing, forging, or selling prescriptions
 Appearing to be high, unusually energetic or revved up, or sedated
 Continually "losing" prescriptions, so more prescriptions must be written

If you are concerned that
 someone you know is abusing
 prescription drugs, visit
findtreatment.samhsa.gov
 to find a local
 treatment provider.

Mayo Clinic: Prescription Drug Abuse www.mayoclinic.com/health/prescription-drug-abuse/DS01079/DSECTION=symptoms

Get Smart Take Action: Teen Rx Drug Abuse Awareness School Toolkit www.smartmovesmartchoices.org/educators

NIDA Commonly Abused Prescriptions Chart www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart



TIPS FOR PREVENTION EFFORTS

TIPS FOR PREVENTION EFFORTS

Community

Effective prescription drug abuse prevention efforts should...

- * Incorporate a consistent message from multiple groups of people/organizations (e.g., school, parents, youth, law enforcement, etc.).
- * Be implemented over a period of time and in many ways (e.g., media, education, policy, etc.).
- * Impact the entire community and not just one person.
- * **Limit access** to prescription drugs (to those who do not legitimately need medication).

Community Efforts

- Place articles and opinion editorials into community bulletins, local newspapers, chamber newsletter, etc.

Check out the **MEDIA section, pages 9-12**

- Post flyers/posters in stores, pharmacies, hospitals, nursing homes, and other locations around town.

Check out the **RESOURCES section, pages 13 and 14**

- Advertise local Take Back Program, if available.

Visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm for program information and to find your nearest location

- Hold a Take Back Day to encourage community members to safely dispose of unused/old medications.

Visit www.ag.nd.gov/PDrugs/HoldTakeBackDay.htm for more information

- Set up a booth at a frequented community location (post office, clinic, community center, etc.) with information about local Take Back Program, if available, and how to safeguard/lock prescription drugs.

Check out the free resources at the N.D. Prevention Resource and Media Center (PRMC) www.nd.gov/dhs/prevention

Name _____
Address _____ Date _____

Rx

☒ Keep track of your meds.

☒ Store your meds in a secure and dry place.

☒ Keep your meds out of sight.

MD _____
Signature _____

92%

OF N.D.
COMMUNITY MEMBERS
BELIEVE IT IS POSSIBLE TO
REDUCE ALCOHOL AND
DRUG PROBLEMS THROUGH
PREVENTION.

N.D. Community Readiness
Survey (CRS), 2008

97%

OF N.D.
COMMUNITY MEMBERS
BELIEVE PREVENTING
ALCOHOL AND DRUG USE
AMONG YOUTH IS
IMPORTANT.

N.D. Community Readiness
Survey (CRS), 2008



TIPS FOR PREVENTION EFFORTS

Community

WHAT CAN I DO AS A COMMUNITY MEMBER?

SAFEGUARD YOUR MEDICATIONS

- Keep track of your meds.
- Store your meds in a secure and dry place (not the bathroom).
- Keep your meds out of sight.

DISPOSE OF YOUR UNUSED/OLD MEDICATIONS SAFELY

- Follow specific disposal instructions on the drug label or patient information that accompanies the medication.
- Deposit unused meds in the Take Back container at participating sheriffs' offices and police departments.



Visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm for program information and to find your nearest location

- If a local Take Back Program is not available:
 - 1) Take your prescription drugs out of their original containers.
 - 2) Crush and mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
 - 3) Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
 - 4) Conceal or remove any personal information, including prescription number, on the empty containers by covering it with black permanent marker or by scratching it off.
 - 5) Place the sealed container with the mixture, and the empty drug containers, in the trash.

When in doubt about proper disposal, contact your local pharmacist.

Don't flush prescription drugs down the toilet or drain.

BE A GOOD ROLE MODEL

- Take your medication as directed and keep it secure.

BE AWARE OF COMMON SIGNS AND SYMPTOMS OF ABUSE

Check out the **SIGNS AND SYMPTOMS section, page 3**

WHEN TALKING TO YOUTH...

- ▶ Limit the amount and type of information you share (don't share details about specific drugs that can be abused, where to get them, or how to abuse them to get high).
- ▶ Do not use language that suggests that all teens (or a majority) are abusing prescription drugs.
- ▶ Avoid glamorizing or glorifying use, such as linking these drugs to popular celebrities or associating use with benefits such as weight loss and increased energy.
- ▶ Avoid using images of people taking these drugs.
- ▶ Focus on educating about the safe use of medication (as prescribed).

TIPS FOR PREVENTION EFFORTS Schools

School Efforts

- Incorporate substance abuse prevention activities into your daily curriculum.

For ideas, go to www.nd.gov/dhs/services/mentalhealth/prevention/education.html

- Utilize awareness tools year-round to educate students and parents:
 - ▶ Hang posters in your school.
 - ▶ Distribute flyers to parents/caregivers.
 - ▶ Include articles focusing on prescription drug abuse and prevention of prescription drug abuse in school newspaper/newsletter.
 - ▶ Highlight prevention efforts on your school's website homepage.

Check out the **RESOURCES section, pages 13 and 14**

- Review, and revise (if necessary), your school's policies on alcohol and other drug abuse (to include policies related to administering medication to students and student self-administering).



WHAT CAN I DO AS AN EDUCATOR?

BE AWARE OF CHANGES IN STUDENTS

- Look for the signs and symptoms of prescription drug abuse in your students, including physical, behavioral, and academic changes.

Check out the **SIGNS AND SYMPTOMS section, page 3**

IMPLEMENT AWARENESS PROGRAMS

- Help students understand the risks and consequences of prescription drug abuse by holding school assemblies, implementing lesson plans/infusing prevention into your current curriculum, and sharing the school policy.

Check out the **When Talking To Youth section, page 5**

GET PARENTS INVOLVED

- Educate parents about prescription drug abuse and encourage them to:
 - ▶ Restrict access to prescription medications by keeping them in a safe, concealed, and locked location.
 - ▶ Inform grandparents, other relatives, and neighbors about this issue and encourage them to safeguard their prescription medications.
 - ▶ Properly dispose of all unused or expired prescription medications.
 - ▶ Stress that prescription medications should NEVER be shared.
 - ▶ Begin a dialogue with their child about prescription drug abuse and encourage open, honest, and nonjudgmental communication.
 - ▶ Learn to recognize the signs of abuse.
 - ▶ Be good role models by taking prescription medication only as prescribed.

Check out **What Can I Do as a Community Member for more information on proper disposal, page 5**

It is illegal for any person in N.D. to deliver or possess (with intent to deliver) a controlled substance, see page 2

GET INVOLVED IN COMMUNITY EFFORTS

Resources for Schools, Colleges and Universities

- ▶ **Pre-K to Grade 12 schools**, check out *Smart Moves, Smart Choices* awareness program toolkit (www.smartmovesmartchoices.org/pdfs/SmartMoves_SchoolToolKit_Web.pdf).
- ▶ **Grades 8-10**, check out PEERx (<http://teens.drugabuse.gov/peerx/>).
- ▶ **Colleges/Universities**, check out *Educate Before You Medicate* (www.talkaboutrx.org/college_resource_kit.jsp) and *The Generation Rx Initiative* (www.pharmacy.ohio-state.edu/outreach/generation-rx/index.cfm) resource kits.

TIPS FOR PREVENTION EFFORTS

Healthcare

Healthcare Efforts

(including pharmacists, dentists, veterinarians, and other professions that handle prescription medications)

- Hang up flyers/posters around hospital, clinic, pharmacist, etc.

Check out the **RESOURCES section, pages 13 and 14**



- Create a display on prescription drug abuse, with information on how to safeguard/lock medications.

Check out the free resources at the N.D. Prevention Resource and Media Center (PRMC) www.nd.gov/dhs/prevention

- Advertise your local Take Back Program, if available.

Visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm for program information and to find your nearest location

- Review prescribing practices (to ensure patients are getting the right amount of the correct medication).
- Ask patients about their use of prescription drugs.
- Distribute information to patients and their family members related to prescription drug abuse.

Check out the free resources at the N.D. Prevention Resource and Media Center (PRMC) www.nd.gov/dhs/prevention

- Use medication agreement forms that outline:
 - ▶ Appropriate amount of medication to take.
 - ▶ Physician's refill policy.
 - ▶ Adverse consequences of prescription drug abuse.
- Purchase lock boxes to sell or give to patients for locking up abusable medication.
- Participate in the prescription drug monitoring program.
- Ensure prescription pads are kept secure to prevent theft.



TIPS FOR PREVENTION EFFORTS

Law Enforcement ~ Realtors

DID YOU KNOW...

2,893 pounds of
prescription drugs
had been turned in to the
Take Back Program as
of May 31, 2012.

Law Enforcement Efforts

- Advertise local Take Back Program, if available.

Visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm for program information and to find your nearest location

Check out the **RESOURCES section, pages 13 and 14**

- Create a local Take Back Program if one is unavailable.

Visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm for more information

- Provide training/information to officers on detection of prescription drug abuse.
- Purchase lock boxes to sell or give away to community members for locking up abusable medication.

Realtor Efforts

- Encourage sellers to safeguard/lock their prescription drugs when holding open houses or showings.

Check out the **RESOURCES section, page 13**

- Provide a lock box for the seller to store prescription medication during all open houses and showings.

- Post a flyer/table tent during open houses showing support for prescription drug abuse prevention efforts.

Check out the **RESOURCES section, page 13**



WHAT CAN I DO WHEN SELLING MY HOME?

- ▶ LOCK UP YOUR PRESCRIPTIONS
DURING OPEN HOUSES/SHOWINGS AND
WHEN OTHER PEOPLE ARE IN AND
AROUND YOUR HOME.

UTILIZING THE MEDIA

INVOLVING THE MEDIA

Key Points to Consider when Working with the Media

The following tips may help increase your media coverage:

COMPOSE YOUR STORY. You don't have to be a published writer to develop a story that will interest the media, but before you contact the media, you should compose your thoughts about why your story is important – why it will make news.

- Is your effort the first of its kind in your community?
- Do readers want to know there are individuals in the community who are working on prescription drug abuse? Can others join you?
- Is there a volunteer or youth group who is working with you whose story would inspire others?

CREATE A MEDIA LIST. It's helpful to first do a little research. Find out which reporters cover stories addressing community and health issues. Read articles in your local newspaper and watch the news to get a better feel. Once done researching, create a list of media contacts that will be helpful in the future.

DRAFT A PRESS RELEASE OR LETTER TO THE EDITOR.

- Check the submission guidelines for your local papers.
- Keep the press release to no more than two pages.
Check out the **Press Release Template on page 11**
- Use quotes from people involved with your event or effort and include data or new information relevant to the local community.
- Give exact date, time, location of event or effort.
- Make sure you provide contact information, so the media can call for interviews or clarification.
- Ask another individual to proofread your document before sending.

CONTACT THE MEDIA. At least one week prior to your event, send the approved press release to your media contact list. Follow up with each contact by phone to confirm receipt.

INTERVIEWS. Be prepared! Make sure your message is crafted. Bring relevant data and other information that will be useful.

Check out the **Sample Talking Points on page 10**

Always respect reporters' deadlines. Provide the reporters with copies of your materials with details about your effort/event. Also, be prepared to answer:

- Why are you involved in this effort?
- Date, time, location, specifics for your event.
- How can people get involved?
- What do you want the public to know about your event/effort?

THANK REPORTERS. After your story runs, contact the reporter and thank them for their time and for sharing your message with the public.

The media plays an important role in getting the word out about your prevention efforts. Ask them to partner with you!

INVOLVING THE MEDIA

Sample Talking Points

General

- ▶ **Prescription drug abuse is a growing problem. We want to make sure that we are at the forefront of this issue in our local community.**
- ▶ The goal of this effort is to create awareness of the problem and encourage individuals to safeguard their medications and to properly dispose of unused and unwanted prescription drugs at their local Take Back Program.
- ▶ We can all be involved in this effort. Lock up and monitor your medications.
- ▶ The misuse of prescription drugs impacts our families, friends, and community.
- ▶ Most individuals who misuse or abuse prescription medications get them from a friend or relative.
- ▶ We must all stand together to safeguard our community from the dangers of prescription drug abuse.
- ▶ Protect yourself and those around you...Safeguard your meds.

Learn How to Safeguard Your Medications

- ▶ **Consider using a lock box or hide medications** in a discrete location in your home so they are not easy for others to find.
- ▶ **Keep track of your medicine.** Count how many pills you have at any given time to check for missing pills.
- ▶ **Don't share your medications under any circumstances.** If a family member or friend is injured, instead of "sharing" a pain reliever, make sure he or she sees a healthcare professional for care.
- ▶ **Keep a low profile. Your medicines are your business.** There's no reason to tell people about the medicines you take.
- ▶ **Properly dispose of old or unused medicines.** If a Take Back Program is not available, prescription drugs can be placed in a container mixed with used coffee grounds or kitty litter and thrown in the garbage.
- ▶ **Store your medications in a secure and dry place** (not bathrooms).

Additional Information

- ▶ Always read and follow the label on any medicine you are taking.
- ▶ Prescription drugs are only safe to use at the dose and in the manner in which they've been prescribed.
- ▶ When taken correctly, prescription and nonprescription (over-the-counter) medications can relieve symptoms and improve overall quality of life.
- ▶ The Office of the Attorney General has created local Take Back Programs around the state that are free to the public. Unused and unwanted medicines and prescription drugs (including controlled substances) can be disposed of safely by depositing them in a secure disposal container, located in the lobby of participating police departments and sheriffs' offices. For a listing of all the local Take Back Programs, visit the website at www.ag.nd.gov/PDrugs/TakeBackProgram.htm.



INVOLVING THE MEDIA

Press Release Template

PRESS RELEASE TEMPLATE
[Print this on your letterhead
and fill in **Red Areas**]
*visit www.nd.gov/dhs/prevention for an editable
version of this press release

Press releases should address the following:

- ♦ **WHO** is involved
- ♦ **WHAT** happened
- ♦ **WHEN** did it happen
- ♦ **WHERE** did it happen
- ♦ **WHY** or **HOW** did it happen

FOR IMMEDIATE RELEASE:
[Date]

Contact: [Insert name, phone, address, email, etc.]

[Insert Community/Organization/School] is taking a Stand against Prescription Drug Abuse

[City, N.D.] – Prescription drug abuse is a growing problem. [Insert Community/Organization/School] is taking a stand against prescription drug abuse and calling on the community to help raise awareness about this growing public health concern.

With the support of [Insert supporters—local healthcare professionals, businesses, and families], [insert Community/Organization/School] is encouraging community members to take steps to safeguard their medications and learn more about prescription drug abuse.

*****If it applies, include the following paragraph*****

In addition, [Insert local police/sheriff's department] has a Take Back Program that is free to the public. Unused and unwanted medicines and prescription drugs (including controlled substances) can be disposed of safely by depositing them in a secure disposal container, located in the lobby of the police/sheriff's department. No questions asked. For a listing of all local Take Back Programs, visit the Office of the Attorney General's website www.ag.nd.gov/PDrugs/TakeBackProgram.htm.

[Insert community spokesperson's quote]

When taken correctly, prescription medications can relieve symptoms and improve overall quality of life. The abuse of prescription medications often makes it difficult for people who need these medicines to get the treatment they deserve.

"We can all make a difference in preventing prescription drug abuse," said Pamela Sagness, prevention administrator at the North Dakota Department of Human Services. "Let's start at home. We can ensure our medications are stored in a secure location and dispose of medications that are no longer needed."

The majority of N.D. community members (97 percent) believe preventing alcohol and drug use among youth is important, and 92 percent believe it is possible to reduce alcohol and drug problems through prevention (N.D. Community Readiness Survey [CRS], 2008).

[Insert local statistics]

The North Dakota Department of Human Services' Division of Mental Health and Substance Abuse Services created a Prescription Drug Abuse toolkit to assist communities with local prevention efforts. The toolkit includes information on prescription drug abuse, and prevention ideas for local communities, schools, law enforcement, and more entities! The toolkit also includes information on gaining media exposure and a list of North Dakota prescription drug abuse prevention resources. The toolkit is available online at www.nd.gov/dhs/prevention.

For more information or to request a copy of the Prescription Drug Abuse toolkit, contact the North Dakota Prevention Resource and Media Center (PRMC) at 701-328-8919 or 1-800-642-6744. For more information on local prescription drug abuse prevention efforts, contact [Insert community spokesperson] at [phone number] or [email].

###



INVOLVING THE MEDIA

Sample Radio PSAs

30 Second Public Service Announcement (PSA)

Prescription Drug Abuse is a Growing Problem. This may be happening every day in our community, in our schools, in our workplaces, and maybe even in our homes. Protect your family and be aware of medications available in your home and environment. Please safeguard your medications; we can all take action to reduce prescription drug abuse. For more information, visit the North Dakota Substance Abuse Prevention website at www.nd.gov/dhs/prevention.

15 Second Public Service Announcement (PSA)

Prescription drug abuse is a growing problem. Get involved...you can make a difference. Keep your prescription drugs in a safe place; know how many pills you have at all times; and dispose of unused medication properly. For more information, visit the North Dakota Substance Abuse Prevention website at www.nd.gov/dhs/prevention.

TIPS FOR GAINING RADIO COVERAGE

ESTABLISH A RELATIONSHIP. Identify the key person(s) with the authority to approve the playing of your PSA(s).

PITCH YOUR IDEA. State your goal and be very clear about what you would like from the station. Bring the sample Prescription Drug Abuse PSA(s) (above) with you to the meeting.

COLLABORATE ON THE PLAN. Devise a plan for which days/weeks you want them to run the PSA(s) and for the length of time.

PUT YOURSELF IN THEIR SHOES. Here are some talking points that you could use when approaching the radio station:

- To position and promote the station as an active force that contributes to, and is concerned about, the well-being of the community.
- To develop projects and implement activities that will affect positive change in the community.
- To extend the mission of public radio, which is in part to educate, entertain, and inform.
- To position public stations as "giving back" to the community, rather than just taking and/or asking for help.
- To provide opportunities for public education.

N.D. RESOURCES

FREE MATERIALS TO SUPPLEMENT LOCAL PREVENTION EFFORTS

FOR DOWNLOADABLE AND PRINTABLE VERSIONS, OR TO ORDER FROM THE N.D. PREVENTION RESOURCE AND MEDIA CENTER (PRMC), VISIT www.nd.gov/dhs/prevention.

POSTER (AWARENESS)
11" x 17"



POSTER (SAFEGUARD YOUR MEDS)
8 1/2" x 11"



COMMUNITY ACCESS CHANNEL PSA



POSTCARD
4 1/4" x 5 1/2"



FLYER
3 1/2" x 8 1/2"



For campaign materials specific for *N.D. Tribes*, visit www.nd.gov/dhs/services/mentalhealth/prevention/rtpc.html



N.D. PREVENTION RESOURCE & MEDIA CENTER (PRMC)

DVDS



All You Need to Know About Prescription & OTC Drugs in 17 Minutes (Grades 5-9)



In the Know: Prescription Drugs (Grades 9-College; Adult)



"Legal" But Deadly: Abusing Prescription Drugs (Grades 7-College)

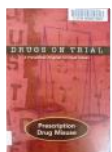


Prescription Drug Abuse: A Prevention Video (Grades 6-12)



Prescription Drugs Update (Grades 7-College)

CD-ROM



Drugs on Trial: Prescription Drug Misuse (Grades 9-12)

DISPLAY BOARD



Medicine Cabinet or Candy Box?
Table Display (Grades PK-8)

PAMPHLETS



Prescription Drugs
PS22



Ritalin
PS24

To borrow/receive **FREE** materials, contact the N.D. Prevention Resource & Media Center (PRMC):

www.nd.gov/dhs/prevention

Phone: 701-328-8919
Toll Free: 1-800-642-6744
Email: ndprmc@nd.gov

TOOLKIT



Community Toolkit to Prevent Prescription and Over-the-Counter Abuse



To receive additional copies of this toolkit, contact:

**NORTH DAKOTA
Prevention Resource and Media Center (PRMC)**

1237 West Divide Avenue, Suite 1D
Bismarck, ND 58501

PHONE: 701-328-8919
TOLL-FREE: 1-800-642-6744
FAX: 701-328-8979

EMAIL: ndprmc@nd.gov
WEBSITE: www.nd.gov/dhs/prevention